

NorthPointe Foot & Ankle
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Product Feature

Tripod NailStat Anti-Fungal Treatment

Tripod Nailstat Formula is a unique "one-step" treatment for fungal nails. The antifungal cream contains grape seed extract, the most potent naturally occurring antioxidant. The cream is applied directly to each affected nail, to soften and increase the permeability of the nail. This deep-penetrating cream contains tea tree oil, oregano, lavender extract and other herbal and non-herbal antifungal medicine. The cream is applied directly to the nail and the surrounding area. The potent antifungal ingredients penetrate the entire nail and nail bed and kill the nail fungus.

Nailstat destroys the fungus infecting the nail. With continued use, you should begin to see growth of a new, healthy nail.



For this and other foot care products visit our online store at

www.MichiganFootCare.com or stop by our office.

NorthPointe News

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Pedicure Season

As the warmer weather finally arrives, sandals and flip flops are making their way out of the closet and underneath beautifully manicured feet. The pedicure season has begun!

Unfortunately, not all pedicure facilities offer clean and proper foot care. Infections and other foot ailments may arise. NorthPointe Foot & Ankle wants to make sure you keep the following advice in mind as you select if and where you may go for a pedicure:

- Make sure that the instruments used are clean and sterilized. Ask the technician which cleaning procedure they use, as well as the frequency of cleaning.
 - * Soaking in alcohol is NOT an approved sterilization method.
 - * Sterilization – rather than disinfecting – is the best method. This can be done by using a cleaning agent such as hospital bactericide, fungicide or viricide. Instruments can be sterilized in an autoclave or ultrasonic machine.
 - * Make sure the instruments are sterilized after each use.
 - * You may consider bringing your own tools – nail nipper, cuticle nipper, cuticle pusher and curette cleaner.
- If you are diabetic, pedicures are not advised. Visit your NorthPointe podiatrist before receiving a pedicure to identify any potential risks.
- Do not allow aggressive cleaning. Nails should be cut straight with rounded edges. If bleeding of calluses occurs, see your NorthPointe podiatrist.
- Discolored or sickly nails should be treated by your podiatrist.
- Since polish hides the nails from the sun and can foster fungus, you may wish to limit the use of polish to special occasions. However, keeping your feet clean, nails trimmed and skin moisturized for summer sandal wearing is recommended.



Make sure foot tubs or basins are drained after performing a pedicure to get rid of all the bacteria present. Once all the water is removed, the inside of the tub should be wiped down with an antibacterial cleaner. Tubs with individual replaceable liners are best.

Buying Sandals

2012 trends promote wedge and flat sandals. Keep these tips in mind when making your selection:

- Try to limit the heel height to two inches or less. Platform and wedges are great because they give the illusion of increased height.
- A wedge heel offers more support than a spike heeled shoe.
- Limit the wearing time of high heel shoes.
- Choose sandals that have support over the top of your foot and around the ankle.
- Make sure all straps are comfortable and do not rub or cause irritation.
- A cork foot mold offers the best support.





Fungal Toe Nails

Fungal infection of the nail is an infection underneath the surface of the nail caused by fungi. When the tiny organisms take hold, the nail often becomes darker in color and foul smelling. Debris may collect beneath the nail plate, white marks frequently appear on the nail plate, and the infection is capable of spreading to other toenails, the skin, or even the fingernails. If ignored, the infection can spread and possibly impair one's ability to work or even walk. This happens because the resulting thicker nails are difficult to trim and make walking painful when wearing shoes.



Infection Prevention Tips:

- Proper hygiene and regular inspection of the feet and toes are the first lines of defense against fungal nails.
- Clean and dry feet resist disease.
- Washing the feet with soap and water and remembering to dry thoroughly, is the best way to prevent an infection.
- Shower shoes should be worn when possible in public areas.

Because it is difficult to avoid contact with microscopic organisms like fungi, the toenails are especially vulnerable around damp areas where people are likely to be walking barefoot, such as swimming pools, locker rooms, and showers, for example. Injury to the nail bed may make it more susceptible to all types of infection, including fungal infection. Those who suffer from chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions, are especially prone to fungal nails. Other contributing factors may be a history of athlete's foot and excessive perspiration.

Topical or oral antifungal medications may be prescribed to treat fungal nails. Permanent nail removal is another possible form of treatment for persistent fungal nails.

- Shoes, socks, or hosiery should be changed more than once daily.
- Toenails should be clipped straight across so that the nail does not extend beyond the tip of the toe.
- Wear shoes that fit well and are made of materials that breathe.
- Avoid wearing excessively tight hosiery, which promote moisture.
- Socks made of synthetic fiber tend to "wick" away moisture faster than cotton or wool socks.
- Disinfect instruments used to cut nails.
- Disinfect home pedicure tools.
- Don't apply polish to nails suspected of infection—those that are red, discolored, or swollen, for example.

Congratulations Dr. Hoffman!

NorthPointe Foot & Ankle's own Dr. Lee Hoffman was recently honored by his peers for his hard work and commitment to his profession. Dr. Hoffman was recognized at the spring Michigan Podiatric Medical Association (MPMA) conference in Troy.



Specifically, Dr. Hoffman was honored for: "His commitment to the Michigan Podiatric Medical Association and for the advancement of the Podiatry profession - political involvement and awareness, as well as his special contributions to the Michigan Podiatric Medical Association Advocacy Fund in 2011."

"It is a great honor to be recognized by my peers," said Dr. Hoffman. "I am pleased to be able to give back to and grow this important profession."

Dr. Hoffman has been a private practice physician for over thirty years.

The Doctors at NorthPointe Foot & Ankle have a book that focuses on "Diabetes and Foot Care." Please visit our Website, www.MichiganFootCare.com to download a book request form and we will send you a complimentary copy of our book.

Diabetes and Foot Care



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Events

Saturday, June 9, 10 am-6 pm - 11th Annual Berkley Art Bash. Enjoy artistic creations by area artists, food and entertainment. Set-up along 12 Mile Rd.

Saturday, June 9 - ADA Tour de Cure Bike Ride. Individuals and teams are encouraged to fundraise and sign up to ride one of several routes from 10 to 100 miles in Brighton. Food and after parties included. Visit:

www.diabetes.org/michigantourdecure,

JUST THE BASICS!

NorthPointe Foot & Ankle continues to collect basic items to donate to the 800+ marines and sailors of the 2nd Battalion, 6th Marines in Afghanistan. Items being collected include: toiletries, hand held games and cards, brown socks, army green t-shirts, current magazines, flavoring water packets, sun screen, chap stick, band-aids, face wash towelettes, lotions, paper and pens, nail clippers, tweezers and nail files.



www.MichiganFootCare.com

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